

# LIFE BALANCE INVENTORY

This brief exercise is a glimpse at balance in seven areas of your life.

On each of the following items, circle the number that reflects where you are today.

Star the number that reflects where you would like to be. Leave blank any line that does not apply to you.

**1 = absolute NO    10 = absolute YES**

NOTES

1. I sleep easily and awake refreshed.  
1      2      3      4      5      6      7      8      9      10
2. I eat the variety and amount of food that helps me feel nourished and alert.  
1      2      3      4      5      6      7      8      9      10
3. I am satisfied with my overall appearance.  
1      2      3      4      5      6      7      8      9      10
4. I have the energy to meet my goals.  
1      2      3      4      5      6      7      8      9      10
5. I exercise regularly and enjoyably.  
1      2      3      4      5      6      7      8      9      10
6. I avoid excesses of salt, sugar, tobacco, alcohol and caffeine.  
1      2      3      4      5      6      7      8      9      10
7. I spend as much time as I want with my spouse/partner.  
1      2      3      4      5      6      7      8      9      10
8. I spend as much time as I want with other family members.  
1      2      3      4      5      6      7      8      9      10
9. The time I spend with family refreshes and restores me.  
1      2      3      4      5      6      7      8      9      10
10. Family communication is satisfying.  
1      2      3      4      5      6      7      8      9      10
11. Family members share past memories, present challenges and future visions and goals.  
1      2      3      4      5      6      7      8      9      10
12. Belonging to this family is of great value to me.  
1      2      3      4      5      6      7      8      9      10
13. I am comfortable with my views on what happens after death.  
1      2      3      4      5      6      7      8      9      10
14. My life has meaning--I make a contribution.  
1      2      3      4      5      6      7      8      9      10
15. I operate consistently within my personal sense of honesty and ethics.  
1      2      3      4      5      6      7      8      9      10
16. I have a clear sense of the role God plays in my life.  
1      2      3      4      5      6      7      8      9      10
17. Shared spiritual values strengthen my relationships.  
1      2      3      4      5      6      7      8      9      10
18. I dedicate time regularly to my spiritual needs.  
1      2      3      4      5      6      7      8      9      10
19. I contribute within my community, nation, world.  
1      2      3      4      5      6      7      8      9      10
20. I participate in professional, church, school, or community groups.  
1      2      3      4      5      6      7      8      9      10
21. I donate time/money to issues I believe in.  
1      2      3      4      5      6      7      8      9      10
22. I participate in the political process.  
1      2      3      4      5      6      7      8      9      10
23. I stay informed on global issues.  
1      2      3      4      5      6      7      8      9      10
24. I take pride in my participation in my community/world.  
1      2      3      4      5      6      7      8      9      10

25. My career is challenging.  
1      2      3      4      5      6      7      8      9      10
26. I am recognized and rewarded for my work.  
1      2      3      4      5      6      7      8      9      10
27. What I do is important.  
1      2      3      4      5      6      7      8      9      10
28. I have the mental, physical and financial resources to accomplish my objectives.  
1      2      3      4      5      6      7      8      9      10
29. What I do makes a difference.  
1      2      3      4      5      6      7      8      9      10
30. Work gives me a feeling of accomplishment.  
1      2      3      4      5      6      7      8      9      10
31. My financial affairs, retirement and estate planning are in order.  
1      2      3      4      5      6      7      8      9      10
32. I have a will which reflects current realities and responsibilities.  
1      2      3      4      5      6      7      8      9      10
33. I have the money to do the things that are important to me.  
1      2      3      4      5      6      7      8      9      10
34. I rarely worry about money.  
1      2      3      4      5      6      7      8      9      10
35. I am happy to give gifts, donations or money when I want.  
1      2      3      4      5      6      7      8      9      10
36. I feel prosperous.  
1      2      3      4      5      6      7      8      9      10
37. I have time to myself regularly.  
1      2      3      4      5      6      7      8      9      10
38. I have time for things that are important to me.  
1      2      3      4      5      6      7      8      9      10
39. I have a keen sense of humor.  
1      2      3      4      5      6      7      8      9      10
40. I communicate effectively.  
1      2      3      4      5      6      7      8      9      10
41. I rarely feel guilty.  
1      2      3      4      5      6      7      8      9      10
42. I am comfortable with who I am.  
1      2      3      4      5      6      7      8      9      10

Total the numbers in circles. Total the numbers in stars. Subtract the circle total from the star total.

This equals your balance satisfaction gap.

0-50	Exceptionally healthy balance
51-100	Unusually balanced
101-150	Average balance
151-200	Strained balance
201 +	Unhealthy balance

SEVEN AREAS CHARTED IN THIS INVENTORY: (six items in each area)

Health (1-6), Family (7-12), Spirit (13-18), Community (19-24), Career (25-30), Finance (31-36), Self (37-42)

ACTION STEPS:

- 1.
- 2.
- 3.